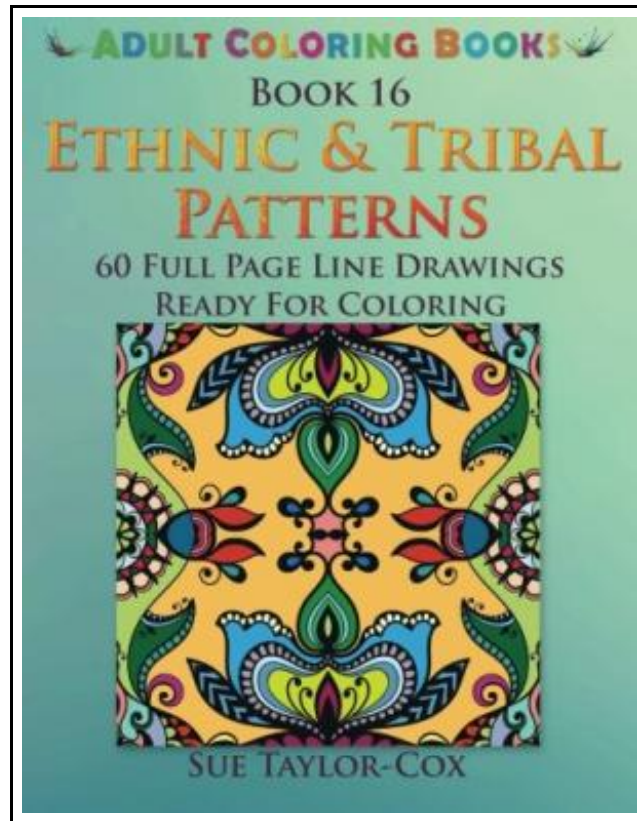


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Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Tribal And Ethnic ArtThere can be little that is more colorful than the many tribal and ethnic clothing patterns that we are all familiar with. This ethnic style is perfect as a canvas for coloring books.Coloring is something which has long been associated with kids and it has been taken for granted that, as we grow up, we put away our crayons and turn to more adult pursuits. However, in recent years we have seen this wisdom being overturned and coloring for grown-ups has become a widespread pastime.But why has coloring for grown-ups become so popular? There are many explanations for the explosion in adult coloring, but here are just a few.Coloring Reduces Stress And AnxietyPsychiatrists have long known that coloring relaxes the fear center of the brain and permits your mind to get some rest. In fact, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color more than 100 years ago. In the hectic world we inhabit today the stress reducing properties of coloring are perhaps more valuable than they have ever been.Coloring Trains Your Brain To FocusKeeping inside the lines as you color needs focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise which allows you to put aside everything else for the time you spend doing it, and this is important in our busy world.Coloring Helps In The Development Of Fine Motor Skills And VisionColoring forces the two hemispheres of your brain to interact and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn,...



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